



Tagliatelle with Prosciutto and Orange

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 12 ounces egg tagliatelle fresh (preferably)
- ☐ 0.5 cup heavy whipping cream
- ☐ 1 juice of orange
- ☐ 0.3 cup parmesan finely grated
- ☐ 2 ounces pancetta thinly sliced
- ☐ 2 tablespoons butter unsalted ()

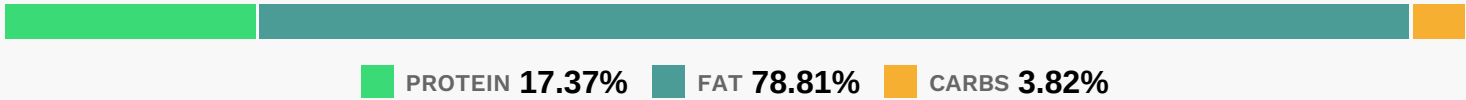
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil. Season with salt; add pasta and cook, stirring occasionally, until 1 minute before al dente, about 2 minutes for fresh pasta, longer for dried.
- ☐ Drain, reserving 1/4 cup pasta water.
- ☐ Meanwhile, melt butter in a large heavy nonstick skillet over medium-high heat.
- ☐ Add prosciutto; sauté until browned, about 3 minutes.
- ☐ Add reserved pasta water, orange juice, half of zest, and cream; bring to a boil.
- ☐ Add pasta; cook, stirring, until sauce coats pasta and pasta is al dente, about 1 minute. Season with salt and pepper. Stir in cheese and divide among warm bowls.

Nutrition Facts



Properties

Glycemic Index: 27.75, Glycemic Load: 0.86, Inflammation Score: -5, Nutrition Score: 11.844782532557%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 363.57kcal (18.18%), Fat: 31.78g (48.89%), Saturated Fat: 16.02g (100.1%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 3.41g (1.24%), Sugar: 2.5g (2.78%), Cholesterol: 378.65mg (126.22%), Sodium: 323.7mg (14.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.76g (31.52%), Selenium: 31.35µg (44.78%), Vitamin B2: 0.48mg (28.46%), Phosphorus: 253.83mg (25.38%), Vitamin A: 1156.12IU (23.12%), Vitamin B12: 0.96µg (16.04%), Vitamin D: 2.37µg (15.8%), Vitamin B5: 1.52mg (15.24%), Calcium: 145.74mg (14.57%), Folate: 46.33µg (11.58%), Vitamin B6: 0.2mg (10.24%), Zinc: 1.52mg (10.15%), Vitamin E: 1.41mg (9.41%), Vitamin C: 7.68mg (9.31%), Iron: 1.67mg (9.27%), Vitamin B1: 0.1mg (6.37%), Potassium: 212.45mg (6.07%), Magnesium: 18.7mg (4.68%), Copper: 0.08mg (4.08%), Vitamin B3: 0.73mg (3.67%), Manganese: 0.04mg (2.1%), Vitamin K: 1.98µg (1.89%)